

Scituate

SENIOR CENTER

Commitment  Connection  Community

SENIOR HAPPY'NINGS | APRIL/MAY/JUNE 2021



CONTACT US

Our new address:
333 First Parish Road
Scituate, MA 02066
781-545-8722
[www.scituatema.gov/
council-on-aging](http://www.scituatema.gov/council-on-aging)

Hours of Operation

Monday - Thursday
8:30 am to 4:30pm
Friday | 8:30am-3:00pm

**Please call to be directed
to staff or to make an
appointment.**

OUR MISSION

To identify the unique needs and interests of our seniors and implement programs that will enhance their quality of life, foster independence, and ensure the physical and emotional well-being of this integral population.

**Ribbon-cutting & Opening celebration:
Thursday, May 13 at 10 am**



ABOUT US

DIRECTOR'S NOTE

"Let the globe, if nothing else, say this is true:

*That even as we grieved, we grew
That even as we hurt, we hoped
That even as we tired, we tried"*

— **Amanda Gorman,**
The Hill We Climb: An
Inaugural Poem for the Country

I hope you enjoy this bit of poetry from this amazing young woman's poem for the inauguration that speaks of our own resiliency!

Update on the Senior Center!

We are here!! Incredible as it may seem, the Senior Center staff and Veterans Services are now residing in the new building at 333 First Parish Road. It is certainly the realization of a long-standing dream of many in our community finally come to fruition. It is wonderful to be here and we are working on creating an environment that is Welcoming for All to enter and to feel safe and included. All we need is you! We are looking forward to beginning to reclaim our sense of normalcy and opening the building to the public slowly but surely.

You may be wondering how the Senior Center will respond to the concerns associated with the pandemic as we make plans to "open". We do need to restrict the number of people in the building or in each of the rooms that we might use, but our Multipurpose room—which is 2,400 sf opened when opened—can be used to accommodate groups for programs or activities and allow for distancing between seated or standing participants. Our program rooms upstairs will be limited to approximately one-third of their capacity. We are working on a schedule to accommodate gradual re-entry for spring and summer, and we plan to have some outdoor options for socializing on the

patio or exercise classes utilizing the field beside us.

Our **HVAC system** is high quality and utilizes an efficient duct-less design for heating and cooling. The fresh air is controlled through a separate system using rooftop units connected to cassettes, or fans. As the air is filtered in, it is adjusted to the temperature inside the individual rooms. We are upgrading these air-handling units to include UV lights for added prevention, and are utilizing superior, non-HEPA filters for optimum air circulation.

A daily lunch, along with "to go" items from the Café is planned for sometime this summer, and we will be ready to configure tables and chairs conservatively and use reservations for seating to accommodate the recommended limitations. If in-house meals are discouraged, we can begin with more "Grab-and-Go" lunches for pickup.

We have a beautiful outdoor patio with seating and are excited about our official Bocce court along with the outside space on the "green"! We are looking toward cultivating space around the existing soccer field for walking and activities. We believe all of these factors create a healthy, useable, and safe environment for a variety of functions and enjoyment while employing all recommended precautions.

We are sorry to have said goodbye to both Lisa Thornton (now Director at the Hull Senior Center) and Jenny Gerbis (Director of Outreach at Wellspring in Hull). They will be missed, but we will be filling those roles to help us expand our opportunities for the benefit of existing and new patrons! Linda

OUR STAFF

Director

Linda Hayes | 781-545-8871
lhayes@scituatema.gov

Administrative Assistant

Jill Johnston | 781-545-8874
jjohnston@scituatema.gov

Transportation Coordinator

Ann Gifford | 781-545-8872
agifford@scituatema.gov

Outreach Coordinator

TBD | 781-545-8873
**@scituatema.gov

Activities & Volunteer Coordinator

TBD | 781-545-8875
**@scituatema.gov

Van Drivers

Welcoming new drivers:

Michael Degagne and Betty Durkin; joining Mary Brown, Joe Swindler, and Jim Keeley

COUNCIL ON AGING BOARD

John D. Miller, Chair

Susan Kelly, Vice Chair

Board members:

Leslie James

Janice Lindblom

Caitlyn Coyle

Pat Carleton

Laure Brady

Marie Fricker

Barbara McFadden, Associate

Selectman Liaison

Karen Canfield

MORE THAN JUST FITNESS!

VIRTUAL EXERCISE

Yoga on Zoom

Our Yoga schedule will continue using the Zoom platform with both Anne & Elizabeth, but we are going to offer some limited in-person participation along with the Zoom audience as they broadcast "live" from the Lawson Tower Fitness Room.

The links to the classes are sent out weekly by request. Please call if you would like to be included:

Yoga w/ Anne*

Mon at 8:30

Chair Yoga w/Anne**

Mon at 9:45

Gentle Yoga w/ Elizabeth*

Wed & Fri at 8:30

Chair Yoga w/ Elizabeth**

Wed & Fri at 9:45

Yoga w/Anne on Zoom will continue on Wed & Fri at 9:00 am

***Fee requested \$8 per class;**

****Fee requested \$5 per class.**

Online payments available.

The schedule of videotaped classes will continue on SCTV at 11:00 am, Channel 8

Mon: Joint Efforts w/NVNA;
Strength w/ Sue

Tues: Balance w/ Sue

Wed: Tai Chi

Thurs: Balance w/ Sue

Fri: Joint Efforts w/NVNA;
Strength w/ Sue



ZUMBA GOLD

Monday at 2:00-3:00

Justine returns for Zumba class with a new Toning component. Class remains in the GYM for May before moving to our new Lawson Tower Fitness room in June. Come enjoy a well-spaced dance opportunity, great music and targeted toning. Masks (still) & pre-registration required. \$5



LIFT YOUR SPIRITS STRENGTH CLASS

Wednesday—11:00-12:00

Strength training opportunity with Sue using hand weights. LIFT your spirits and increase your muscle strength—good for your bones, too! Masks and pre-registration required. \$5

INDOOR PICKLEBALL

Friday - 11:00-12:30

As long as we are able, we will continue to offer indoor Pickleball for a limited number of people in the Gymnasium. Participants MUST pre-register. Outdoor Pickleball continues to be possible on the outdoor tennis courts behind the gymnasium, so gear up and join the fun that way too! Call if you have any questions. Spring is coming!



BALANCE FOR LIFE

**Monday & Thursday
11:00-12:00**

This popular class with Sue incorporates healthy stretching, mild movement, muscle and ankle strengthening with resistance bands, meditative awareness, cool music and of course Sue, herself! Meets 2x a week. \$5



TAI CHI FOR HEALTHY AGING

Tuesday—1:30-2:30 LTFR

Join us to learn basic Tai Chi movement following a modified program specifically designed for better balance & healthy aging. Learn 8 Tai Chi forms along w/ simple exercises to improve your foundation. **Beginning a 24-week cycle on June 1.** Masks & pre-registration required. No charge.

OUTREACH & SERVICES

BEWARE OF SCAMS!

We are aware of phone calls being made to our older residents that require that you provide payment information for products over the phone. This is NOT recommended practice. The Scituate Police Department has also had many reports of caller ID "spoofing". DON'T answer calls from unknown numbers. DON'T give out any personal info. Talk with your phone company about call-blocking tools.

SHINE

By Phone or Outdoor Appointment

What is SHINE?

Our certified volunteer SHINE Counselors provide health insurance information, assistance, and counseling to Medicare beneficiaries of all ages and others who have questions about insurance and public benefit programs, including Medicare, Medigap, MassHealth, prescription drug programs and most other health assistance programs.

All appointments are by phone or may be scheduled for outside at the Senior Center during the spring and summer months. to arrange an appointment through with one of our two SHINE Counselors, Elaine Schembari and Richard Durkin.

For those turning 65 it is advised that you receive information to assist in your selections at least 3 months in advance of your birthdate.

Please call 781-545-8722, press 2 to schedule an appointment.



SNAP

Do you need assistance paying for food? SNAP may help. You may be eligible! Apply for SNAP food stamps by calling the Senior Center at 781-545-8722. SNAP (or EBT) cards are a debit card with a PIN for use at most grocery stores.

SCITUATE FOOD PANTRY

Client Hours:

Tuesday 10:00 am – 12:15 pm
Thursday 3:30 – 5:15 pm

The Food Pantry remains located at 344 Country Way in the lower level of the Masonic Temple. They will be re-locating to the old Gates School cafeteria **next to the Senior Center** sometime this Spring.

Pandemic procedures continue with clients ordering from the car and waiting in the parking lot. Delivery is still available by request. Call the Food Pantry at 781-545-5827 to register or request delivery. Van Service to and from the Food Pantry is provided through the Senior Center at no charge.

Call 781-545-8722 to talk with Transportation (press 3) if a ride is needed to pickup a food order.

A NOTE FROM TOWN OF SCITUATE SOCIAL SERVICES MANAGER, ERICA SOURIS

We are happy to have Erica on board in this role, which is often used by the Council on Aging to facilitate care options for older adults who have acute needs or family members who are unable to assist with their older adult's needs.

I am happy to introduce myself as the Manager of Social Services for the town of Scituate. I started this position last August and am fortunate to have talked with many of you since then. I am a licensed clinical social worker and am available to the senior residents who need support for their mental health needs. I can be reached at 781-378-1653. Please reach out for support and referrals!

FARMER'S MARKET COUPONS

We anticipate Farmer's Market Coupons becoming available for the summer by the end of June. Please call to schedule pick up at the Senior Center if you are a SNAP client.



(APR 30...) MAY 2021 CALENDAR

MON 3	TUES 4	WED 5	THUR 6	FRI 7
8:30 Yoga-LTF/V 9:45 Chair Yoga-LTF/V 11:00 Balance-GYM 11:00 Expr Writing-HUM 2:00 Zumba Gold-GYM	1:30 Tai Chi-LTF	8:30 Yoga-V 9:45 Chair Yoga-V 11:00 Lift Spirits-LTF 12:00 Caregiver Supp-V 1:00 Col NE-PEG/V 2:00 Zumba Gold-GYM	11:00 Balance-GYM 1:00 Knitting-EGY	8:30 Yoga-V 9:45 Chair Yoga-V 10:00 Yoga-V 11:00 Pickleball-GYM 1:00 Parkinsons Support Group-V
MON 10	TUES 11	WED 12	THUR 13	FRI 14
8:30 Yoga-LTF/V 9:45 Chair Yoga-LTF/V 11:00 Balance-GYM 11:00 Expr Writing-HUM 2:00 Zumba Gold-GYM	1:30 Tai Chi-LTF	8:30 Yoga-V 9:45 Chair Yoga-V 11:00 Lift Spirits-LTF 12:00 Caregiver Supp-V 1:00 Col NE-PEG/V 2:00 Zumba Gold-GYM	11:00 Balance-GYM 1:00 Knitting-EGY 5:30 Board Meeting-V	8:30 Yoga-V 9:45 Chair Yoga-V 10:00 Yoga-V 1:00 Parkinsons Support Group-V
MON 17	TUES 18	WED 19	THUR 20	FRI 21
8:30 Yoga-LTF/V 9:45 Chair Yoga-LTF/V 11:00 Balance-GYM 11:00 Expr Writing-HUM 2:00 Zumba Gold-GYM	1:30 Tai Chi-LTF	8:30 Yoga-V 9:45 Chair Yoga-V 11:00 Lift Spirits-LTF 12:00 Caregiver Supp-V 1:00 Col NE-PEG/V 2:00 Zumba Gold-GYM	11:00 Balance-GYM 1:00 Knitting-EGY	8:30 Yoga-V 9:45 Chair Yoga-V 10:00 Yoga-V 11:00 Pickleball-GYM 1:00 Parkinsons Support Group-V
MON 24	TUES 25	WED 26	THUR 27	FRI 28
8:30 Yoga-LTF/V 9:45 Chair Yoga-LTF/V 11:00 Balance-GYM 11:00 Expr Writing-HUM 2:00 Zumba Gold-GYM	1:30 Tai Chi-LTF	8:30 Yoga-V 9:45 Chair Yoga-V 11:00 Lift Spirits-LTF 12:00 Caregiver Supp-V 1:00 Col NE-PEG/V 2:00 Zumba Gold-GYM	11:00 Balance-GYM 1:00 Knitting-EGY	8:30 Yoga-V 9:45 Chair Yoga-V 10:00 Yoga-V 11:00 Pickleball-GYM 1:00 Parkinsons Support Group-V
MON 31	TUES 1	WED 2	THUR 3	FRI 4
Happy Memorial Day Offices are Closed	Friday, April 30 at 10:30 am* Prevent the Shuffle, Improve your Balance Janet Popp, PT, MS; New Mexico Adult Falls Prevention Coalition *Pre-register to receive the link to join the meeting. We can also provide a phone number to call in to participate. We will also register up to 10 people for in-person participation at the Senior Center , especially for those unable to join via Zoom from home.			

JUNE 2021 CALENDAR

MON 31	TUES 1	WED 2	THUR 3	FRI 4
	1:30 Tai Chi-LTF	8:30 Yoga-V 9:45 Chair Yoga-V 11:00 Lift Spirits-LTF 12:00 Caregiver Supp -V 1:00 Col NE-PEG/V 2:00 Zumba Gold- GYM	11:00 Balance-GYM 1:00 Knitting-EGY	8:30 Yoga-V 9:45 Chair Yoga-V 10:00 Yoga-V 11:00 Pickleball- GYM 1:00 Parkinsons Support Group-V
MON 7	TUES 8	WED 9	THUR 10	FRI 11
8:30 Yoga-LTF/V 9:45 Chair Yoga- LTF/V 11:00 Balance-GYM 11:00 Expr Writing- HUM 2:00 Zumba Gold- GYM	1:30 Tai Chi-LTF	8:30 Yoga-V 9:45 Chair Yoga-V 11:00 Lift Spirits-LTF 12:00 Caregiver Supp -V 2:00 Zumba Gold- GYM	11:00 Balance-GYM 11:00 Book Club 1:00 Knitting-EGY 5:30 Board Meeting -V	8:30 Yoga-V 9:45 Chair Yoga-V 10:00 Yoga-V 10:30 Prevent the Shuffle- V 11:00 Picklball-GYM 1:00 Parkinsons Support Group-V
MON 14	TUES 15	WED 16	THUR 17	FRI 18
8:30 Yoga-LTF/V 9:45 Chair Yoga- LTF/V 11:00 Balance-GYM 11:00 Expr Writing- HUM 2:00 Zumba Gold- GYM	1:30 Tai Chi-LTF	8:30 Yoga-V 9:45 Chair Yoga-V 11:00 Lift Spirits-LTF 12:00 Caregiver Supp -V 2:00 Zumba Gold- GYM	11:00 Balance-GYM 1:00 Knitting-EGY	8:30 Yoga-V 9:45 Chair Yoga-V 10:00 Yoga-V 11:00 Pickleball- GYM 1:00 Parkinsons Support Group-V
MON 21	TUES 22	WED 23	THUR 24	FRI 25
8:30 Yoga-LTF/V 9:45 Chair Yoga- LTF/V 11:00 Balance-GYM 11:00 Expr Writing- HUM 2:00 Zumba Gold- GYM	1:30 Tai Chi-LTF	8:30 Yoga-V 9:45 Chair Yoga-V 11:00 Lift Spirits-LTF 12:00 Caregiver Supp -V 2:00 Zumba Gold- GYM	11:00 Balance-GYM 1:00 Knitting-EGY	8:30 Yoga-V 9:45 Chair Yoga-V 10:00 Yoga-V 11:00 Pickleball- GYM 1:00 Parkinsons Support Group-V
MON 28	TUES 29	WED 30	THUR 1	FRI 2
8:30 Yoga-LTF/V 9:45 Chair Yoga- LTF/V 11:00 Balance-GYM 11:00 Expr Writing- HUM 2:00 Zumba Gold- GYM	1:30 Tai Chi-LTF	8:30 Yoga-V 9:45 Chair Yoga-V 11:00 Lift Spirits-LTF 12:00 Caregiver Supp -V 2:00 Zumba Gold- GYM	& MORE TO COME! Stay tuned for Plein Air Painting, Art class and Ukulele in June! KNITTERS - ON-SITE Thursdays 1:00 - Knitting will be in house or on the patio/Green space.	

CLASSES & PROGRAMS

HISTORY SERIES:

Colonial New England Life Seen Through Personal Diaries

With Bob Jackman

This series beginning in May for five weeks will draw upon diaries, journals, and letters that are particularly insightful about the lives of residents in colonial eastern New England. These materials will be carefully selected for their expression of life experiences during the era, especially when conveying a humorous or skeptical perspective. With an emphasis on the common man's world, the course will avoid government, relations with Great Britain, and wars. Since men and women experienced life very differently in that era, a genuine effort will be made to include material written by each gender.

This course will be a HYBRID, with a limited number of students coming on-site for the program, and others participating via Zoom. The course will meet on **Wednesdays from 1pm to 2:30pm.**

Meeting dates: **May 5, 12, 19, 26 and June 2.** Fee is \$20 for five sessions. Registration required; **in-person limited to 10 people.**



NO RULES BOOK CLUB!

Our much-missed book club led by Nancy Harris is planning an outdoor discussion on the Patio on **Thursday, June 10 at 11:00 am.** It will be a chance to catch up and discuss favorite books from this year and hear recommendations for this summer's reading. Please pre-register!

The new Senior Center also has books for borrowing, taking or reading on the premises. Some are early copies of newly published novels. Come in and browse!

NEVER TOO LATE TO (SELF) CARE!

With all the stress of self-isolating & social distancing this year, it is more critical than ever to understand the importance of self-care & the many options available for supporting yourself through stressful times. There are many reasons that knowing how to manage stress is important & why it should be a regular practice & not just something to do on your birthday or when times become challenging—Caregiving for spouses, children or friends; experiencing loneliness as a by-product of losing friends & family; moving out of a long-term family home, or even relocating to a new area to be near family; adjusting to retirement; giving up driving/independence—these are all stressful transitions needing “care” to minimize.

We are planning a Self-care retreat consisting of in-person & Zoom exercise, discussion, individual treatments, & a nutritious catered luncheon at the new Senior Center. Space is limited for the program. A “menu” of options will be available to pick up. This is grant-funded. **Tentatively planned for June 22 or 24.**

FINDING BALANCE SERIES:

Prevent the Shuffle, Improve your Balance

Janet Popp, PT, MS; New Mexico Adult Falls Prevention Coalition

Learn about risk factors for losing your balance, why people develop a shuffling walk as they age, & what you can do to feel steadier. Janet will also review:

- How the body controls balance
- Changes in walking which may affect balance
- Ways to reduce a shuffling style of walking & improve your balance
- Virtual “functional” tests to measure your balance

Zoom meeting:

Friday, April 30 at 10:30 am*

*Pre-register to receive the link to join the meeting. We can also provide a phone number to call in to participate. **We will also register up to 10 people for in-person participation at the Senior Center,** especially for those unable to join via Zoom

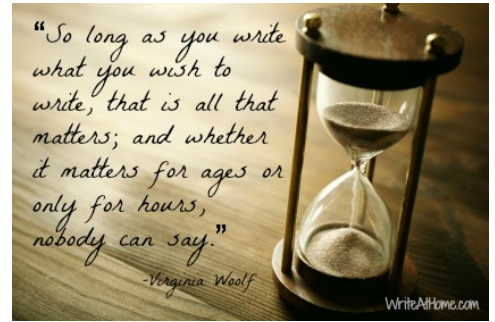
GROUPS & ACTIVITIES

CAREGIVER SUPPORT GROUP

Could you benefit from the mutual support of others who understand the experience of being of a caregiver for a loved one? Many have found they need extra support during this pandemic. We understand & encourage you to join us for our Caregiver Support Group via Zoom on the 3rd WED of every month 12:00-1:00 p.m. Our group is led by experienced facilitator & social worker, Suzanne Otte. You may join the group as a new member & attend at any time. Please call the Senior Center in advance at 781-545-8722 to receive the Zoom meeting

DE-CLUTTERING SUPPORT ONLINE

Are you 60+ and ...
Overwhelmed about clutter?
Seeking motivation to reduce clutter?
Needing support to declutter?
FREE WEEKLY ONLINE GROUP
Begins Thursday, April 22
4:00 pm - 5:30 pm
Meets weekly through July 8
More information online:
www.southshorecrc.org/programs
Sponsored in part by the Scituate Hoarding Response Team in partnership with B.U. School of Social Work & w/ generous support from South Shore Elder Services.



EXPRESSIVE WRITING

Gunshots, monster trucks, old cars overheating on the side of the road, the Camino de Santiago; just a few of the excerpts from this week's Expressive Writing group. The prompt was "*No hablo Espanol*" - we wrote for 15 mins & then read our stories aloud. Sometimes true stories, sometimes far from it. If you like to write & are looking to meet new people, come to our weekly meet-up at the Senior Center. **Everyone is welcome.** New Meeting time: **Monday @ 11:00am beg. May 3**
Pre-register on MyActiveCenter or by calling the Senior Center.

MYACTIVECENTER ON-LINE REGISTRATION

We are pleased to offer this convenient, online system to register for classes & programs! Online registration is only available if you have an existing key tag.

1. Create a **MyActiveCenter** account & will need your personal key tag number from the back of your My Senior Center scan card.
2. Key in the numbers for your key tag, including the 'X'.
3. **If you need a key tag or help setting up your account, please call the Senior Center - 781-545-8722.**

If there is a fee for your program you can pay with check or cash to the Senior Center, or you may also use the separate on-line pay system through the Town website (see below). Of course you can still call the Senior Center to register or may e-mail one of the staff to help you as well.

ON-LINE PAYMENTS

We are able to offer on-line payment options for most of our classes and programs through the Town of Scituate website.

1. Go to **scituatema.gov**, and select Online Services,
2. Select Pay Bills Online,
3. Select More from Town Clerk/Schools/Council on Aging,
4. Click Town of Scituate Council on Aging.
5. Select area of activity and program for payment. There is a nominal fee for using this service.

IPADS FOR LOAN

Are you limited in your ability to stay connected w/ family & friends or participate in remote activities because you don't have a computer, smart phone or tablet? The Senior Center has iPads to loan to give you an opportunity to get acquainted w/ the technology or to participate in a virtual activity. Please call 781-545-8871 to find out more —we'd love to help you get better connected.

NORDIC WALKING POLES FOR LOAN! BOCCE BALLS FOR USE ON NEW COURT!

TRANSPORTATION

Essential Local Rides

We continue to provide weekly trips to the local supermarkets and Harbor shops.

Wednesday—Shaws in Cohasset

Thursday—Village Market/Harbor

Each trip is restricted to 5 passengers; multiple trips will be added as necessary to accommodate all requests. Masks are required on the van & while shopping. Call Ann to be added to the trip schedule. 781-545-8722, press 3

Medical Rides—Local destinations

Masks are required on the van & while shopping. Call Ann to schedule a ride for a local medical appointment. We request at least 2 days' notice for scheduling and more is helpful.

781-545-8722, press 3

Transportation for Vaccinations

In need of transportation to a vaccination appointment? Let us know & we will facilitate transportation .

The SLOOP (Scituate Loop)

GATRA-provided public transportation for a nominal fee to/from designated stops between Scituate Harbor beginning at the Harbor Community Building to Town Hall and Greenbush/Driftway. Stops include ALL Housing Authority residences & the new Senior Center & soon-to-be Food Pantry.

Medical Rides—Long-Distance

Out-of-Town Medical rides will continue to be scheduled . Please call 5 days in advance. You will need you to provide the length of appointment in order to coordinate a return trip.

Medical rides to out-of-town locations should be scheduled between the hrs of 8:30am & 4:30pm.

Fee for Local trips:

\$1.75 one-way / \$3.50 round-trip (exact change please)

10-ride pass: \$15 (the BEST option; buy through Ann)

Fee for Medical Out-of-Town:

\$10 local round-trip

\$20 Boston round-trip

DONATIONS IN MEMORY OF / IN HONOR OF

You can memorialize or honor your loved one or friend here in support of future Senior Center programs. Donations may be made to the **Friends of Scituate Seniors** to continue their support of the Scituate Council on Aging future needs. Donations may be made directly to the Senior Center or Council on Aging but are not tax deductible. The Friends "Build a Campus" Committee is also accepting donations toward the building project for Room Funding opportunities through the end of May. Contact the Senior Center or Friends members directly for more information on this opportunity. **We thank the following donors for their contributions to the Senior Center/COA in honor of loved ones, Senior Center staff and volunteers in the past few months and are so grateful for their generosity for the benefit of our patrons.**

Donor	In Honor of	In Memory of
Esther Bremer and Linda Hewitt.....		Joanne Papandrea
The Kelley daughters #1, #2, #3 & #4.....		Peter Kelley
Rocco's Barber Shop.....	Senior Center Services	
South Shore Senior Softball League..	Senior Center Services	
Richard Eckhouse and Ruth Maulucci.....		Elaine Bonvicino
Carmen Lendvay	Senior Center staff	
The Scituate Rotary Club.....	the new Senior Center Bocce Court	
Pauline Mitchell	Brenda & Jim Litchfield—her sponsors for citizenship	
Pam Davis	the new Senior Center	
Anonymous.....	Town of Scituate; new building project	

& Council on Aging
333 FIRST PARISH RD
SCITUATE, MA 02066



SUPPORT

The cost of mailing this newsletter is supported by funds we receive from the state **Executive Office of Elder Affairs** through the annual Formula Grant.

Advertisers

Printing of this newsletter by LPi is made possible through local advertising. To advertise, call LPi at: 800-477-4574 x6377. **We are grateful for their patronage and support!**

FOSS—Tax-deductible donations may be made to the Friends of Scituate Seniors to support Senior Center programs & services at any time. The Friends have previously funded our coffee purchases as well as entertainment for many events. Much of the Friends past donation monies will be applied to purchases for the new Senior Center, including outdoor patio furniture & bookcases for the Café. Thank you all for your donations & years of fundraising efforts to help make our new building & many programs possible! It is happening, folks & we thank you!!

FOSS ADDRESS for membership and donations: P.O. Box 75, Scituate, MA 02060

GREENBUSH CARDIO EXERCISE MACHINES

Treadmill Elliptical
Rower
Hybrid Stationary Bike

Machines available for half-hour increments. **Please sign up on-site.**

LIMIT TWO PARTICIPANTS AT ONE TIME FOR NOW.

SATUIT GAME ROOM

- Pool- Monday 9:00 am - 12:30 & Friday 12-2:30 pm
- Mah Jong - Tuesdays 10:30; Beginners instruction at 9:15-10:15 am
- Scrabble - Tuesdays 1:00
- Hand & Foot - Mondays at 1:00 pm

*Space is limited for number of players, so please sign up in advance.